



# utsav



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## EDITORIAL

Incredible!

The first publication by Nepalese at the University of Calgary is finally out.

The editorial team wishes to thank all those who have contributed their valuable articles and other literary creations to make this issue possible.

We also highly appreciate the precious time and effort invested by everyone involved, both within and outside of the University, in conceiving and building on the idea of this publication.

We wish you a Happy *Vijaya Dashami* and *Deepawali* !

- **utsav** Editorial Team



## SEASON OF FESTIVALS

### Glimpses of Dashain & Tihar

**D**ashain, the most auspicious and the longest religious festival of Nepal, unites family, friends, and relatives. A fifteen-day-long celebration occurs during the bright lunar fortnight (late September and early October) and ends on the full moon day. The important days of this festival include the first day (*Ghatasthapana*), the seventh day (*Fulpaati*), the eighth day (*Maha-Astami*), the ninth day (*Maha-Nabami*), and the tenth day (*Vijaya Dashami*). In this festival, we worship Goddess Durga and her different divine forms including *Saptamatrikas* (7 divine mothers), *Ashtamatrikas* (8 *tantrik* Goddesses) and *Nava Durga* (9 aspects of Durga). The nine forms manifested by the *Nava Durga* are:

1. Shree Shailaputri
2. Shree Brahmacharini
3. Shree Chandraghanta
4. Shree Kushmanda
5. Shree Skandamaata
6. Shree Kaatyayani
7. Shree Kaalratri
8. Shree Mahagauri
9. Shree Siddhidaatri

**T**ihar, the festival of lights, is one of the most dazzling Hindu festivals. It is celebrated for a period of five days starting from the thirteenth day of the waning moon in October. Each day, we worship *Kaag* (crow), *Kukur* (dog), *Gai* (cow), *Goru*

(ox), and *Bhai* (brothers), respectively. On the third day of celebration, we also worship *Laxmi*, the Goddess of wealth, and perform *Deepawali* with traditional oil lamps in the house. On the fourth day, Newar community celebrates *Mha puja*, meaning worshipping oneself. It is also the New Year in Newari calendar. *Bhai tika*, the last day of Tihar, holds a special and emotional values as sisters put *tika* on their brothers' forehead praying for their prosperous and healthy lives.



दर्शन आयो, खाऊला पिऊला, चङ्गा उडाऊला, पिङ्ग खेलौला...

*Festival of Colors, Lights, Victory, Freedom, Love...*

*Above: Dashain special - playing swing made on temporary bamboo poles in Kathmandu*

*Right above: Selroti, Bara, Boiled Egg, Choyala ready for Sagun during Mha Puja*

*Right below: Mha puja celebration by Nepalese Community in Calgary*



शरद मौलाउँदै होला,

सयपत्री, गोदावरी मुस्कुराउँदै होलान्

घर आँगन लिपिंदै होलान्,

लिंगेपिंगमा केटाकेटी मच्चिदै होलान्

उमङ्ग भरिंदै होला, **उत्सव** छाउँदै होला

कोसेली स्वरूप **utsav** को पहिलो अंकका साथ

शुभ विजयादशमी तथा दिपावली २०६७

**UofC Nepali**



## NO CLOSE-UPS, PLEASE !

- Anubhuti Parajuli

Sorry, no close-ups and no more questions! He raises his hands and jostles his way, trying to get round the crowd of reporters with microphones and notebooks, and photographers zooming on their cameras. It's a difficult situation altogether, as he faces a bunch of scribes who will pen or air everything in public that could overtly put him in the doghouse. Unwillingly, he has to answer their queries, on top of being grilled inside by the members of the investigation commission, for some long hours already.



Even the most energetic one in the line-up, who had earlier enjoyed facing cameras and dared to push his opinions and convictions in public through a series of tele-interviews, now finds these journos repulsive as they are the ones to poke their noses into his privacy without any let-up. Needlessly torn between the devil and the deep blue sea, he has to brave the reporters with a pretence that nothing went wrong inside during the grilling.

It's always when he lands himself in situations like this that he either shrugs things off his shoulders and tries to find an easy scapegoat, or, with his typical histrionic smile and faked confidence, attempts to air in public that the team of interrogators could not get the goods

on him and that he has nothing to worry about the interrogation.

He takes moral responsibility for everything he did in the past, wrongs or rights, but he still does not have a clue on how the wrongs happened. Or even if he has a clue, he knows he is not the one who played a hand in it. Yet someone else who is grilled admits having done nothing bad since someone above him, by authority, elected him to play the baddie.

As for himself, he was a very small fish in a pond. Really a great man — he doesn't in the least realise that every play of smile on his face he throws at the camera fails to click and the public do not get exactly the kind of picture he would like them to form about his superior moral virtues.

Finally when he finds his way to his chauffeur and slips in his car, he wipes off his forehead a little way away, realising that he is now in the soup he made himself. Momentarily though, he thanks God for escaping those close-ups.

(Originally published in *The Himalayan Times*, July 2006)

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## Life and happiness...

### ARE YOU EARNING ENOUGH TO BE HAPPY?

- Dhruva Tripathi

As a kid I used to have occasional 'one-to-one' conversations with my dad. He would talk about secrets of lives and I had to talk about the 'secrets of my friends'. Those were fun times we used to have together. Recently, while I was reading an article about income and happiness, I came across a statement similar to what my father told: "one should neither be poor nor rich to be the happiest person in the world."



A study published in the Proceedings of the National Academy of Sciences by Angus Deaton and Daniel Kahneman, at the Princeton University, suggests that one need not be excessively rich to be happy. The study was the result of 450,000 responses from 1,000 people surveyed in the USA. The study shows that one need to earn enough to be happy but when the income level goes past a threshold they start to become less happy. The income threshold was found to be \$75,000 per year.

The notion sounds familiar, but the threshold of \$75K might differ from place to place. Even within the USA,

for example, the threshold might get lower at places where living cost is less. When we talk about Nepal, the threshold should be a fraction of that amount. When one earns less than the threshold, one might worry about the necessities of life. On the other hand, when earning exceeds the threshold, it can bring greater materialistic satisfaction, but no more happiness.

Although many agree that excessively rich people are miserable, measuring happiness objectively isn't something everybody agrees on. And, there are people who ask – 'What happens when everybody is paid the threshold amount?' Will everybody be happy?



## विरोधाभाष सम्बन्ध

- सुरेश मुल्मी

एउटै धरातल  
एउटै सतह  
एउटै नियमभित्र आबद्ध  
एउटै परिधिभित्रको परिबन्ध  
समान उपस्थिति  
समान अनुभूति  
समता दुवैको प्रवृत्ति  
सहअस्तित्वमा आश्रित  
एउटाको अभावमा  
अर्काको परिभाषा समाप्त  
फेरि, अर्काको अनुपस्थितिमा  
एउटाको परिचयको नै अन्त्य  
घनिष्ठताको यस्तो नमूना  
सम्बन्धको यस्तो गहिराइ  
बिछोड त असम्भव  
निकटताको यो उच्चतम दृष्टान्त ।

तर विडम्बना !  
बिछोड कहिल्यै नभए पनि  
मिलन हुन असम्भव  
सम्बन्धको गहिराईबीच पनि  
सतही दूरी हटन असम्भव  
कस्तो आश्चर्य !  
तर सत्य यही हो  
दुई पात्रको यो विवशता  
नदेखिने आफ्नै बाध्यता  
अरु केहि होइन,  
यी त थिए  
समानान्तर रेखा ।

साहित्य...



## हिमालपारीको बटुवाको जिन्दगी

- मतिराम पुन

केहि तीतो, केहि मीठो बटुवाको आत्मकथा; कहिले ओराली, कहिले उकाली  
घसी हिडे हिमालपारी, पौडि खेले समुद्र पारी; यस्तै रैछ दुःखीयाको जिन्दगानी ।

पधेरीमा भेट, बोली त कोइलीको जस्तो सारै मीठो, भाव तर सिस्नोजस्तो पोल्ने  
एक गास, एक वासको जीवन; गर्नु मरिहत्ते केका लागि; एस्तै रैछ बटुवाको बन्धकी ।

कतिपटक वाटो काटी तर्की हिडे जिन्दगीको मोडमा, विवशता निष्ठुरीसँग जम्काभेट  
के को रिस साँध्नु अर्को जुनीलाई; ठूलो स्वर, गम्किलो पाइला, हिंडी दिएँ आँखा तरी ।

सन्तुष्टि खेल्नु खाँनु मात्र होइन रै छ, उकाली र घुम्तीमा पसिना पुछ्दापनी आउदो रैछ  
कस्तुरीको नाभिसरी, शान्तिको मन्दिर; आफ्नो शरीर भित्रै रैछ, कता हिड्नु भौतारी ।

काँडा र सिसा त के विझाउनु, बोलि र व्यवहार रैछ; पार्नु कति छिया - छिया यो मुटुलाई  
दुःखमा जिउनु, आँशुमा पिउनु, यस्तै रैछ; जोइ दिन्छु जिन्दगी भिष्म पिताहामह सरी ।

ज्ञान वुद्धि, परिश्रम एवं तपस्याको फल; लक्ष्य क्षितिज भन्दा पर, छुनुपर्छ धरातल  
गहिराईमा डुब्नु छ अनन्त; दत्तचित्त, मानवता र सफलता; टिप्नुछ समुद्रको मोती ।

कहिले हाँसो त कहिले रुवाई, जिन्दगीको चक्र; आत्मा रैछ चर्मचक्षु भन्दा पर  
घसी हिडे हिमालपारी, पौडि खेले समुद्र पारी; यस्तै रैछ बटुवाको जिन्दगानी ।

## गजल

- ऋषि बस्ताकोटी

तिमी हायाँ हामी हायाँ, हारै मात्र भयो,  
सप्रिएन खेतिवाली, झारै मात्र भयो ।

घरी घरी उठिरह्यो इन्कलाब तर,  
फेरिएन केही कतै, नारै मात्र भयो ।

जो जो धुरी चढे पनि फेरिएन छानो,  
भत्कदैछ घर उल्टै, भारै मात्र भयो ।

सुन्दा सुन्दा दिक्क भइयो बेमौसमी बाजा,  
मजा मान्ने कुरा छैनन्, मारै मात्र भयो ।

तिमी हायाँ हामी हायाँ, हारै मात्र भयो  
सप्रिएन खेतिवाली, झारै मात्र भयो ।



## युवा उर्जा

- अनुप धिताल

तातो छ रगत, जोश र साहस यसमा भरि  
बदल्न सक्छ जगत यसले चुट्की बजाए सरि ।  
उर्जा छ भरिभराउ, देश हाक्ने आँट छ यसमा  
विडम्बना! पोखिरहेछ सडकमा, या चम्किरहेछ परदेशमा ।  
ओतप्रोत छन् देशभक्तिले, गर्व छ यिनलाई आफ्नो माटोको  
बचाउनु छ यी उर्जालाई केहि मार्गदर्शन र विश्वास भरि ।

## तिम्रो सुन्दरता

- अनुभूति पराजुली

सोच्दै थिएँ, स्मृतिको चित्रलाई  
कागजमा उतार्नेछु  
रेखाहरु नमिलेर, रङ्गहरु पोतिइरहे ।  
सोच्दै थिएँ, हृदयको झन्कारलाई  
कलमले कोरिदिन्छु  
शब्दहरु नफुरेर, गीत कुनै रचिएनन् ।  
रैछ सौन्दर्य त केवल  
अलौकिक आनन्द पो  
शब्दविहिन, रूपविहिन  
अनन्त जीवन प्रेरणा पो  
तिमी मेरी सौन्दर्यकी  
यस्तै एउटी प्रतिमूर्ति  
साथ पाए सदा तिम्रो  
स्मृति नि आलै रहन्थ्यो  
बसिदिए आई नजिक  
गीत मनमा गुन्जिरहन्थ्यो ।



उर्जा त छ यिनको बिछोडमा धरी  
साधन बनेका छन् बेइमान नेताको पोल्टो भरि ।  
त्यसैले आज खाँचो छ देशलाई एक देशभक्तको  
जसले दियोस् दिगो निकास - शान्ति, सम्बृद्धिको ।  
सामर्थ्य होस जसमा यी उर्जालाई एउटै बिन्दुमा ल्याउने  
एकै दिशा - विकासको दिशामा डोर्याउने ।

## साहित्य...

## दूरी

- नेरुस

साक्षी छन् ती हिमालहरु, गोधूलीका घाम-जूनहरु  
मैले हेर्ने गल्ति गर्ने, तिम्ले हेर्ने चुक्ता गर्यो ।  
सम्हालि यी आँखाहरु, चाल्न खोज्दा पाईलाहरु  
पाप गर्यो कि पुण्य गर्यो, मन्द मन्द मुस्कान छर्यो ।  
चल्दा चल्दै पाउहरु, हेर्दा हेर्दै आँखाहरु  
जहाँ थिए त्यहीं रहे, विवेकशून्य बनिरहे ।  
बेहोसी यी पलहरुमा, बिन्ति यति समीप नआऊ  
पछ्यौरीका फुर्काहरु, सिरेटोको बयँलीमा -  
मेरा अधर चुम्न खोजुन् ॥

साक्षी छन् ती हिमालहरु, गोधूलीका घाम-जूनहरु  
मैले माने गल्ति गर्ने, तिम्रो समीप हुन्न भनें ।  
मेरा मन-मुटुहरु, विवेक र आत्माहरु  
मैलाई छाडी गैसकेथे, सबै तिम्रा भैसकेथे ।  
मुठ्ठी स्वास निल्दा-फेर्दा, ओठहरु थर्थराउँदा  
के भयो? पाइन भेट, भुल भयो- माफी देउ ।  
मलाई लास पार्न तिम्रो, यति पर पनि नजाऊ  
तिम्ले छर्ने सुवासहरु, तिमलाई चुम्ने बतासहरु -  
मेरो स्वासको हिस्सा नहुन् ॥





**Teej Celebration:** Nepalese women in Calgary celebrated Teej on September 4 at Temple Community Hall, NE and Richmond Knob Hill Community Hall, SW. The main attractions of the ceremony were *dar* party, singing and dancing.



**Nepali School graduation ceremony:** CNCA Nepali School Open House was held on June 27 at Richmond Knob Hill Community Hall, SW. Certificates were presented to the graduated students. The Nepali School, started in 2007, currently has around 20 students.

**Essay Contest:** Congratulations to Calgary kids Pratiksha Gurung, Apekhchya Shrestha, and Ishika Tripathi on winning essay contest, organized by NaSeA/ANMA.



**Buddha Jayanti:** The birthday of Lord Buddha, Buddha Jayanti, was celebrated on May 15 at Richmond Knob Hill Community Hall, SW. A Tibetan Lama recited Buddhist chants for peace and harmony.

**Radio Matribhumi:** The first Nepali radio in Calgary successfully completed its one year of journey. Congratulations to Ram Mishra and the team!



**Raju Lama Concert:** Summer Musical Night, featuring Nepali pop singer Raju Lama, was organized by Calgary Youth on August 7.

**Sports:** This summer, on August 15, Nepalese Canadian Society of Edmonton (NeCaSE) took an initiative to

## Events...

organize a sports event among the Nepalese communities in Western Canada. This event, with enthusiastic participation of teams from Calgary, Edmonton, Saskatoon, and Vancouver, was a huge success. Team Calgary won two gold medals, each in soccer and dandi-biyo. The organizer, Team Edmonton, grabbed the one for volleyball.



| Game       | Winner   | Runner-up |
|------------|----------|-----------|
| Soccer     | Calgary  | Edmonton  |
| Dandi Biyo | Calgary  | Edmonton  |
| Volleyball | Edmonton | Saskatoon |



On the auspicious occasion of Dashain 2010, the Nepalese communities in Calgary are organizing social gatherings on **October 23** at:

- Pineridge Community Centre, 6024 Rundlehorn Drive, NE (<http://nepalisociety.ca>)
- Beddington Height Community Center, 375 Bermuda Drive, NW (<http://calgarynepalese.ca>)

## REMINISCING KAR MIDANDA

- Sarbajit Gurung

I still remember the last time I was here as a kid. I was hardly nine and accompanied by my sister. The one-month long vacation in our school was the most awaited moment for all of us kids who were admitted to this boarding school. We would literally start the countdown way before the vacation kicked off. I still recall those days before the terminal exams where I would sit down with my best friend and start making so called plans for my vacation. Well, those plans were just plans for the short lived vacation would end completely home bounded! I sometimes chuckle when I remember those sleepless nights I had before the school commenced. Fortunately, in one of those summer vacations, I and my sister had an opportunity to stay at my aunt's village in Karmidanda for about a week. We were so thrilled that I still feel nostalgic when I remember those glorious days.

Karmidanda is not a popular destination; unlike Ghandruk or other villages in western Nepal. There are exquisitely heart throbbing places in our country; ironically, to our misfortune, most of these places are largely overlooked or even hardly explored. I clearly remember that twilight, how anxiously I was looking forward to seeing Karmidanda. This time round, I was accompanied by my mom and two sisters. It was probably about quarter of an hour that we had waited at the bus stop, a small jeep stopped by. A little guy jumped off the hood and started banging on the door calling up for the passengers. It was a small jeep, hardly

an eight-seater. There were few people on board already and the aisle was covered with huge sacks of rice. 'I thought we were supposed to take a bus mom,' I shouted, slightly miffed as I threw my rucksack on the aisle and tried to get on board. 'Shut it, this ain't England,' exclaimed my sister as a facetious remark. It was not that my four years in England changed me. I was rather devastated that our trip to Karmidanda was scheduled just for a day.

It was already six when we took off. I looked at the clouds far on the horizon. The diffused light from the sky, which made the sky so colourful, reminded me of the Mie scattering that we studied in Physics. Apparently all those mind boggling physics stuffs got petty, nevertheless trivial, as I gazed at the infinite sky and acknowledged a seamless blend of joy and beauty. It was just a perfect day, full of serenity. We were not even half way up the black-topped road, the driver swerved to the left towards a narrow and slightly creepy road. All of us onboard literally swayed like

*"...I closed my eyes and took a deep breath. I knew it was the same fresh air that blew me away as a nine year old kid! "*



## Travelogue...

pendulum all the way. I was not appalled though, nor was I melancholy. I was rather delirious with joy. My thoughts took me back in time, the last time I was here, which sarcastically was more than a decade ago. We had to walk all the way from Fedi Khola to Karmidanda. It was a couple of hours walk through the jungle. I still mesmerize those moments I encountered with nature during that walk, such peace and tranquility, how badly I would love to bring back those moments again!

Suddenly the jeep stopped, backed off a little bit and moved forward. I could see the road was too narrow, no wonder even a small jeep required drivers with special skills to drive through this terrain. We had already passed the uphill and were travelling downhill now. I anxiously asked my sister how far our destination was. 'We are almost there, be patient,' she answered. Ten minutes later, we reached Karmidanda. I threw my rucksack on the ground and jumped off the jeep hastily. I looked around as if I were very familiar with this place. It was strange how my childhood memories of this place were still fresh and lively. I closed my eyes and took a deep breath. I knew it was the same fresh air that blew me away as a nine year old kid!

'Aunt is here to receive us,' shouted my little sister gloriously, as if we were triumphant in a close call match. I turned around and saw my aunt. I fell to her

feet with due respect, stood up and embraced her so dearly. After all, it was the first time I saw her after I left for England. I saw two huge hounds escorting her. 'They are huge and probably furious,' I said rather vehemently. 'They are friendly to everyone except leopards,' replied my aunt. I was a bit petrified as I reluctantly put my hand on one of the hounds' head. He started wagging his tail and gave me a familiar look. We were friends then. It was already eight and almost dark. At dinner, we all gathered in the kitchen and enjoyed the most delicious meal I've ever had in years. I told stories about my life in England as my aunt stood spellbound to every word I said with utmost enthusiasm and profound innocence. Finally, it was bed time. As the night began to make its mark, I laid on my bed and peeped out of the window at the stars above. It was a gorgeous full moon night. I gave myself a huge smile as I gazed at the sky. I closed my eyes, tossed to my right and no sooner I was asleep.



Answers to 'Find Differences':  
Nose, Eye, Pigeon, Patch below eye, Metal plate lining.  
(Bonus difference - UofCNepali.com on top photo)

## EVOLUTION OF ELECTRIC POWER SYSTEM

- Paras Mandal

**H**ow many times a day do you turn ON and OFF the power switches? Forget to count! This article throws lights on a general description of electric power systems beginning with a historical sketch of their evolution.

The commercial use of electricity began in the late 1870s when arc lamps were used for lighthouse illumination and street lighting. It was in New York City where the first complete electric power system (comprising a generator, cable, fuse, meter and loads) began to operate. The system was built by Thomas Edison. This was a dc (direct current) system consisting of a steam-engine-driven dc generator supplying power to only 59 customers within an area of roughly 1.5 km radius. The load, which consisted entirely of incandescent lamps, was being supplied at 110 V through an underground cable system. With the invention of motors, their loads were then added to such systems, which was the beginning of what would develop into one of the largest industries in the world.



distance from the generators. To keep the transmission losses and voltage drops to acceptable levels, voltage levels had to be high for long-distance power transmission. Such high voltages were not acceptable for generation and consumption of power; therefore, a convenient means of voltage transformation became a necessity.

The development of the transformer and ac transmission by L. Gaulard and J. D. Gibbs of France led to ac electric power systems. George Westinghouse secured rights to these developments in the USA. In 1886, William Stanley, an associate of Westinghouse, developed and tested a commercially practical transformer and ac distribution system for 150 lamps in Massachusetts. In 1889, the first ac transmission line in North America was put into operation in the state of Oregon. It was a single-phase line transmitting power at 4 kV over a distance of 21 km. Later, Westinghouse bought the patents on ac motors, generators, transformers and transmission systems. It formed the basis of the present-day ac systems.

Nevertheless, there was considerable controversy over whether the electric utility industry should be standardized on dc or ac. There were passionate arguments between Edison, who emphasized on dc, and Westinghouse, who favored ac. By the turn of the century, the ac system had won out over the dc system for the reasons: voltage levels can be easily

transformed in ac systems, providing flexibility of using different voltages for generation, transmission and consumption; ac generators are much simpler than dc generators; and ac motors are much simpler and cheaper than dc motors.

The very first 3-phase line went into operation in Southern California (2.3 kV, 12 km line). At that time, ac was chosen at Niagara Falls as dc was not practical for transmitting power to Buffalo (about 30 km away). This decision ended the ac versus dc controversy and established victory for the ac system.

There might be confusion with many about: why Nepal has adopted the standard voltage of 220 V and frequency of 50 Hz while Canada/USA and many other countries operate with 120 V and 60 Hz! In the early period of ac power transmission, frequency was not standardized. Various frequencies were in practice: 25, 50, 60, 125 and 133 Hz. This posed a problem for interconnection. Eventually 60 Hz was adopted as standard in North America, although many other countries use 50 Hz. Similarly, to avoid the proliferation of an unlimited number of voltages, the electric industry has standardized voltage levels.

In Japan, Tokyons cook and dance in 50 Hz, whereas the Okinawan (people living in the southernmost part of Japan) do the same in 60 Hz. However, both places operate with the same voltage level. It is, in fact, how the electric power system of that particular

country/place would like to adopt with, e.g., Australia 240 V, 50 Hz; American Samoa 120 V, 60 Hz; Bolivia 220/230 V, 50 Hz; Cuba operating with both voltage levels (110/220 V, 60 Hz); Singapore 230 V, 50 Hz.

This does not mean that the dc system does not exist at all. With the development of mercury arc valves in the early 1950s, high voltage dc (commonly known as HVDC) transmission systems became economical in

special situations. The HVDC transmission is attractive for transmission of large blocks of power over long distances. The first modern commercial application of HVDC transmission occurred in 1954 when the Swedish mainland and the island of Gotland were interconnected by a 96 km submarine cable.

Interconnection of neighboring utilities usually leads to improved system security and economy of operation. In addition, the interconnection also permits the utilities to make economy transfers and thus take advantage of the most economical sources of power. These benefits have been recognized from the beginning and interconnections continue to grow. Almost all the utilities in Canada and the USA are now part of one interconnected system. The result is a very large system of enormous complexity. The design of such a system and its secure operation are indeed hugely challenging.

*There might be confusion with many about: why Nepal has adopted the standard voltage of 220 V and frequency of 50 Hz while Canada/USA and many other countries operate with 120 V and 60 Hz!*

## खोक्रो जीवन

- सुरेश मुल्मी

रहिरह्यो रहर, रमाइला ऋतुहरुको  
चिहाउदै चर्किन्छ चाहना, चिच्याहट चोटहरुको  
अपुरो आशा अब, अधुरोमै अन्त  
सकिए सुख सबै, साथ स्वतः समाप्त !!

पुरिएछ पीडा पनि, पीरैपीरको पहिरोले  
भत्किएछ भएजति भरोसा, भ्रमित भरले  
नसोचेको नरोजेको, नयन-नदीमा नै  
बग्दै बग्दै, बगरमा बेस्सरी बझिएछ !!



## म

- प्रतिमा

समयको उतार-चढाव हेरीरहेछु म  
गीत-चित्रको सूर-रंगमा घुलिरहेछु म ।

प्रकृतिको छायाँमा सुस्ताईरहेछु म  
सम्बन्धको सुगन्धमा रुमल्लिरहेछु म ।

जीवनको सेरोफेरो,  
उत्तरै भेटिएन  
प्रश्न झैँ बनिरहेछु म ।

जति सहै-चाहँ-पाएँ  
मानिस जस्तै बनिरहेछु म ।

## Puzzles...

### Find 12 Nepali festivals

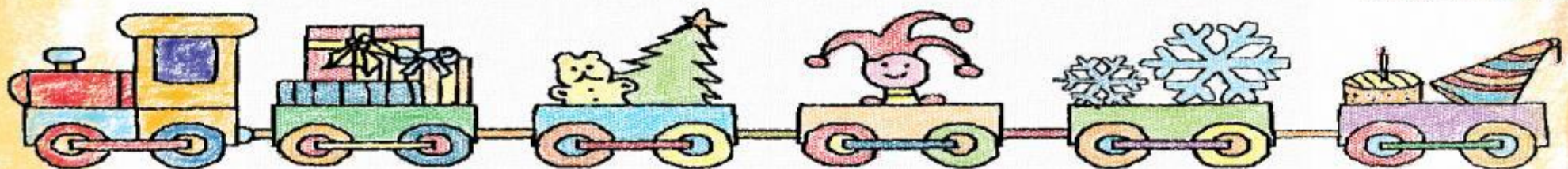
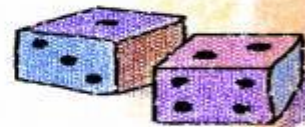
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| R | P | W | Q | T | M | F | D | A | A | N | N | H | I | A |
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| M | A | G | H | E | S | A | N | K | R | A | N | T | I | J |

New Year, Buddha Jayanti, Asar Pandra, Janai Purnima, Teej, Dashain, Tihar, Chatha, Lhosar, Maghe Sankranti, Shiva Ratri, Holi

### Spot 5 Differences



Answers are located somewhere in this issue.



# मेरो देश nepal

Nepal is rectangular in shape. Its length is 800km and its width is 250km. Nepal's width is short on the east and long on the west and the middle part is the shortest.

Nepal is a small country in Asia. It is the 93rd biggest country in the world. It is surrounded by China in the North and India in the South, East and West.

Nepal has three parts – mountains, hills and Terai.

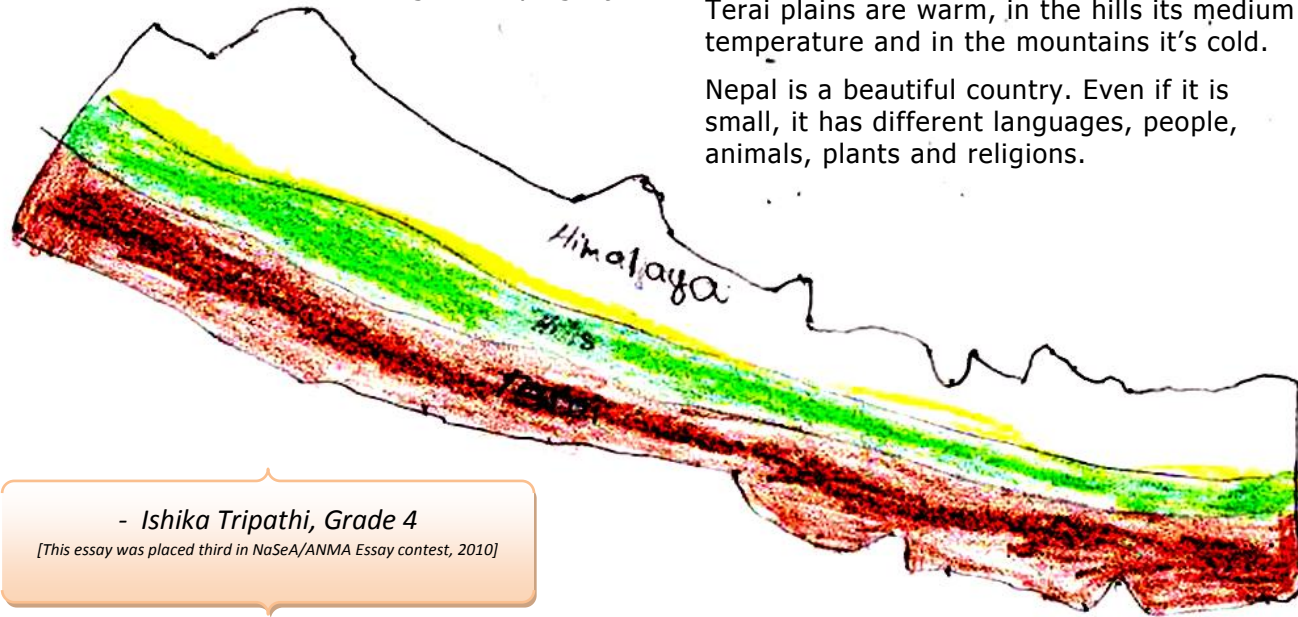
Kathmandu is Nepal's capital city. Nepal has 75 districts. The longest river in Nepal is Karnali and largest lake is Rara Lake.

Pokhara is almost in the center of Nepal. On the west, the main cities are Dhangadi, Nepalgunj

and Pokhara. On the East, main cities are Kathmandu, Patan, Bhaktapur, Birgung, Janakpur, Dharan, and Biratnagar. Mount Everest (Sagarmatha) is in the East part of Nepal. On the North side of Nepal there are mountains. On the South it is plains. The mountains are called Great Himalaya Range and the plains are Indo-Gangetic Plain.

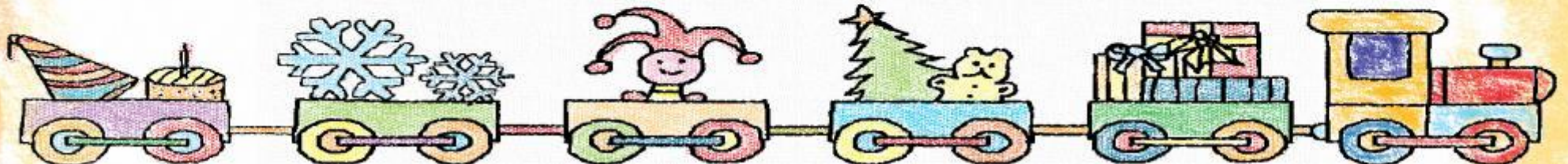
Terai plains are warm, in the hills its medium temperature and in the mountains it's cold.

Nepal is a beautiful country. Even if it is small, it has different languages, people, animals, plants and religions.



- Ishika Tripathi, Grade 4

[This essay was placed third in NaSeA/ANMA Essay contest, 2010]





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- **त्यो प्रेमपत्र...** by Maya Mulmi
- **Art & Architecture of Kathmandu Valley** by Diwas Dhakal
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